

Baked Southwest Egg Rolls

The following recipe was provided by local blogger Abby Thome of [The Thome Home](#).

Ingredients

- 2 packages Melissa's Egg Roll Wrappers
- 2 - 15 oz. cans Heinen's Sweet Corn
- 2- 15oz. cans Heinen's Organic Black Beans, rinsed and drained
- 2 peppers, diced
- 1 cup green onion, diced
- 2 cup organic kale, finely chopped
- 8 oz. Heinen's Sharp Cheddar Cheese, shredded
- 1 1/2 tsp. kosher salt
- 1/2 tsp. pepper
- 1 Tbsp. paprika powder
- 1 Tbsp. garlic powder
- 1/2 Tbsp. chili powder
- 1 tsp. cumin powder
- 1/2 Tbsp. Sriracha (Add an additional 1 Tbsp. if you like it spicy!)



Instructions

1. In a large bowl, gently mix together all of the ingredients listed above, except for the egg roll wrappers. Once all of the ingredients are incorporated and the spices have coated the filling, you are ready to fill the egg roll wrappers.
2. Line two baking sheets with parchment paper and preheat the oven to 375°F.
3. Fill a small bowl with cold water. This will be used to seal the wrappers once filled.
4. Open the package of egg roll wrappers and take one out and lay it onto a clean surface in a diamond shape. Cover the remaining unused wrappers with a damp paper towel. This will keep the egg roll wrappers from drying out and cracking.
5. Scoop two Tbsp. of filling into the center of the diamond, spreading the filling into a log shape horizontally. Be sure to stay away from the corners.
6. Dip your finger into the cold water and wet all four edges of the wrapper.
7. Fold the two outside corners over the middle of the filling and press edges down as they meet. Then, take the bottom corner of the triangle and fold it over the middle of the filling where the two corners have met. Tightly roll the wrapper forward, until the northern corner ends up being at the bottom of the egg-roll.
8. Continue this process until all egg-rolls are filled, and placed onto the baking sheet.
9. Spray the tops of the egg-rolls with nonstick spray.
10. Bake at 375°F for 12 minutes, then flip them over and bake for another 10. Flip one last time for another 2-3 minutes until the egg-rolls are golden brown and crispy.
11. Serve immediately with a variety of dipping sauces, or let cool completely and freeze in a Ziploc freezer-friendly bag in a single layer. When ready to enjoy, simply bake at 300°F until the southwest egg rolls have warmed through!